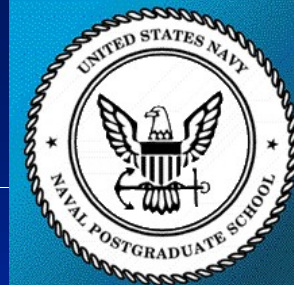


PREDEPARTURE SAFETY BRIEFING

(IAW AETC Supplement 1 to AFI 91-207)



Pre-trip Preparation



- Plan your route ahead of time.
 - Call department of transportation or State Police in each state for construction information. Re-route if necessary.
- Check the weather forecast along intended route and prepare vehicle for emergencies
 - Carry extra water in hot weather and window scrapers/blankets in cold.
- Allow time in your schedule to rest prior to departure.



Pre-trip Preparation (cont)



- Make sure you have sufficient funds.
 - Carry enough cash or credit for unexpected repairs or for lodging; this will prevent the necessity for exhausting marathon driving.
- Carefully check vehicle condition.
 - Check/change oil, check tires for pressure and excessive wear.
 - Fill windshield washer fluid and check headlights, brake lights and turn signals for operability.



During the Trip



- Wear your seatbelt and insist that all passengers do the same, especially small children.
- Do not drive during late night hours. . . a high percentage of the drivers on the road after dark are drunk.
- Do not drive more than 10 hours during a 24-hour period
- Get a good night's sleep 7-8 hours while traveling. (It will cut down on your frustration and help prevent road-rage)



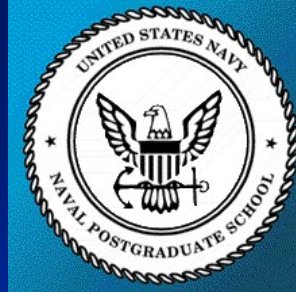
Main Causes of Injury and Death in Vehicle Accidents



- Vehicle defects
- Speeding
- Fatigue
- Alcohol
- Nonuse of occupant restraints
- Nonuse of helmets by motorcyclists



General Safety Tips



- Sports and recreational injuries are the leading cause of injury in AETC.
 - Use the following safety principles and USE COMMON SENSE
 - perform stretching exercises before physical activities
 - drink plenty of fluids during activity (alcohol doesn't count)
 - avoid overexertion
 - stretch after activities



High Risk Activities



- If you plan to engage in any of the following activities, you must inform the AFTT/NPS Liaison Officer or your Section Leader. These personnel will schedule a follow-on briefing with the appropriate individual to discuss the hazards and potential for injuries associated with the activity
 - flying civil aircraft
 - hang gliding/skydiving/parasailing
 - white water rafting/scuba diving
 - bungee jumping
 - snow/water skiing
 - motorcycle/auto racing



In the Event of an Accident



- Contact the LO or your AFTT Program Manager if you are involved in an accident or if an emergency situation arises
 - LO
 - during duty hours (831) 656-3116
 - after duty hours (831) 656-0378 (If no answer, leave a message)
 - Program Manager
 - during duty hours 1-800-543-3490
 - after duty hours call the AFTT Command Post at 1-800-435-8063 ext 76314 ask for the AFTT staff duty officer